

## La Que Sabe Philosophy

La Que Sabe offers people suffering with Eating Disorders a unique program to alleviate problematic eating behaviors and body image obsessions. Our team of therapists and dietitians have over 40 years of combined experience in the specialized treatment of eating disorders.

La Que Sabe provides systemic intervention through stabilization of the eating disorder behaviors, collaborative medical intervention, and resolution of underlying etiology. Participants in our program generally experience up to an 80% reduction in symptoms during the first month of treatment.

### **Tracie Spero Strucker, MA, LMFT, LPC** **La Que Sabe CEO**

Tracie has over ten years of experience working with individuals, families, couples, and groups; and specializes in the area of eating disorders treatment. Tracie is a licensed marriage and family therapist and a licensed professional counselor. She holds a Master's degree in Counseling Psychology and is currently pursuing her Doctorate in Psychology. Tracie is a clinical member of the American Association for Marriage and Family Therapy and a member of the American Psychological Association. She is actively involved with the Austin Association for Marriage and Family Therapy and was the 1999 president as well as chair of the Marketing Committee for the Texas Association for Marriage and Family Therapy. Tracie has a background in the financial services industry prior to becoming a therapist. She has directed several non-profit and for-profit mental health programs in the areas of adolescent development, drug and alcohol addiction, women's health, and sexual abuse/rape recovery. Tracie's passion in psychology is in the field of eating disorders theory and treatment. She has been interviewed on radio several times and frequently presents on these topics to numerous groups both nationally and statewide.

### **La Que Sabe Staff**

Our staff includes highly skilled master's-level therapists, licensed dietitians, and a network of psychiatrists and health care providers, all of whom have specialized knowledge and experience in treating eating disorders.

**La Que Sabe**  
**4103 Marathon Blvd.**  
**Austin, Texas 78756**  
**Austin, Texas**  
**1.866.QUE-SABE**  
**(1.866.783.7223)**



**La Que Sabe**  
**"The One Who Knows"**

**Healing Solutions**  
**for Eating Disorders**  
[www.laquesabe.com](http://www.laquesabe.com)

La Que Sabe offers a holistic approach: working on eating disorder behaviors and the underlying issues.

## La Que Sabe Treatment Goals

- Development of new coping skills
- Improved family communication
- Better relationships with self and others
- Growth of personal support system
- Education on how eating disorders help to manage feelings
- Recovery planning to understand triggers and develop new ways to manage them

## Program and Group Components

- Education about eating disorders
- Building communication skills
- Stress management and conflict resolution
- Relapse prevention planning
- Education and counseling about food and nutritionally healthful living

Patients are required to engage in group therapy while in the program. Upon completion of the program, patients are encouraged to continue in individual or family therapy as needed. Aftercare groups are also suggested for continued adjustment to living free from eating disorders.

### Day Treatment Program

Patients meet for three hours Monday through Friday and in family group for four hours once a week.

### Intensive Outpatient Program

Patients meet for three hours twice a week and in family group for four hours once a week.

### Ongoing Weekly Groups

Patients meet one and a half hours once a week. These groups provide the basis for our aftercare groups.

### Individualized Programs

Patients meet in a specially designed program suited to their schedule and specific needs.

### Individual, Couples, and Family Therapy

By appointment, patients meet with a therapist.

### Online Support

Includes email and online groups, these modalities best suit patients who travel frequently, live in rural areas or who are unable to meet face-to-face.

### For More Information, Call Toll Free

**1.866.QUE-SABE**  
**(1.866.783.7223)**

## Types of Eating Disorders

**Anorexia** is self imposed starvation and can cause severe medical problems including death. People with anorexia have a preoccupation with food in that they deny hunger.

**Bulimia** is a cycle of binge eating followed by purging, extreme restricted eating, or excessive exercise. Bulimia can cause severe medical problems including death.

**Compulsive/Binge Eating** is out of control eating without purging. Compulsive eating can cause a lowered metabolic rate, high blood pressure, and adult onset diabetes.

I like the small groups and the bond of sharing experiences with others that understand.

—LOS patient

### People experiencing the following symptoms may have an eating disorder:

- intense fear of becoming or being fat
- absence of or irregular menstrual cycles
- lack of control over eating/cannot stop eating
- self induced vomiting
- misuse of laxatives, diuretics, "diet pills," etc.
- refusal to eat and maintain a healthy body weight
- eating alone due to embarrassment about how much one eats
- feeling disgusted, depressed, or guilty after overeating